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PHASE BREAKDOWN AND TRAINING EXPECTATIONS. **Building Strength and Stability, Phase I-IV** - **Phase I:** Focus on overall strength and stability (2 weeks). - **Phase II:** Speed up metabolism and build muscle (3 weeks). - **Phase III:** Build muscle and sculpt the body (3 weeks). - **Phase IV:** Achieve maximal strength and size (3 weeks). Foam Roll: Latissimus Dorsi Inch Worm to Upward Facing Dog walk 90/90 Stretch In-Step Lunge with Shoulder Rotations Knee Abduction Knee Adduction Rubber Band Pull-A-Parts Rubber Band Internal Rotation Front Loaded Kettlebell Walk Suitcase Carry 20+ seconds 20+ seconds 20+ seconds 20+ seconds 20+ seconds 20 yards 10 reps each leg 20 yards 30/30 reps 30/30 reps 20 reps 20/20 reps 40 yards down & back 40 yards CORE & CALF FULL WORKOUT EXERCISE REPS (EACH SIDE) Bird Dog Single-Leg Standing Calf Raise Single-Leg Seated Calf Raise 2 x 10 2 x 10 2 x 10 1 yard = 0.9144 meters 10/10, 20/20 reps, etc. indicates the number of reps to be performed on both sides of the body (i.e. 10/10, 10 right arm, 10 left arm) 40/40 yards indicates 40 yards (36.6 meters) in two directions, down and back. PHASE I PHASE I: 2 WEEKS / 60-SECOND REST BEFORE YOU START, reference the exercise video demonstrations in the MAPS SYMMETRY EXERCISES section of the MAPS Performance Membership site (Found in your Library after you login to your account at www.mindpumpmedia.com) PHASE I WORKOUT #2 FULL WORKOUT EXERCISE REPS Dunphy Squat Hold Hip Bridge Hold Single-Leg Suspension Squat Single-Leg Toe Touch Suspension Fly Hold Suspension Extended Fly Hold Suspension Anchor Push-Up Hanging Iso-Lat Stretch Suspension Row Hold Single-Arm Suspension Row Thread The Needle Iso-”Smash” Suspension “W” Hold Suspension Crocodile “I” Wrist 2 x 15-second hold 2 x 15 second hold 2 x 10 each leg 2 x 10 each leg 2 x 15 second hold 2 x 15 second hold 2 x 10 each arm 2 x 15 second hold 2 x 15 second hold 2 x 10 each side 2 x 15 second hold 2 x 15 second hold 2 x 10 1 yard = 0.9144 meters 10/10, 20/20 reps, etc. indicates the number of reps to be performed on both sides of the body (i.e. 10/10, 10 right arm, 10 left arm) 40/40 yards indicates 40 yards (36.6 meters) in two directions, down and back. MAPS PERFORMANCE MOBILITY SESSION #2 FULL WORKOUT EXERCISE REPS Lateral Lunge Hop Walking Heel Squat Inch Worms Leg Swings Walking Knee Raise Stick Dislocates Stick Wrap Arounds Good Morning Dunphy Squat Lateral Drivers Iso Drivers Rotational Lunge 40/40 yards 40/40 yards 20 yards 20/ 20 reps 10/10 reps 10 reps 6-8 reps 10/10 reps 10 reps 10/10 reps **Phase I: 2 Weeks / 60-Second Rest** Before starting, reference the exercise video demonstrations in the **MAPS SYMMETRY EXERCISES** section of the **MAPS Performance Membership site**. **Workout #3: Full Workout** 1. Dunphy Squat Hold 2. Hip Bridge Hold 3. Single-Leg Suspension Squat 4. Single-Leg Toe Touch Suspension Fly 5. Hold Suspension Extended Fly 6. Hold Suspension Anchor Push-Up 7. Hanging Iso-Lat Stretch 8. Suspension Row Hold 9. Single-Arm Suspension Row 10. Thread The Needle Iso- 11. “Smash” Suspension “W” 12. Quadruped Bicep Squeeze Suspension Curls 13. Skull Crusher Iso-Hold Diamond Hold 14. Suspension Skull Crusher 2 x 15-second hold, 2 x 15 second hold, 2 x 10 each leg, 2 x 10 each arm, 2 x 15 second hold/each side, 2 x 15 second hold/each arm. **Phase II: 3 Weeks / 60-Second Rest** Before starting, reference the exercise video demonstrations in the **MAPS SYMMETRY EXERCISES** section of the **MAPS Performance Membership site**. **Workout #1: Full Workout** 1. Single-Leg Cable Hinge 2. Dumbbell Bulgarian Split Squat 3. Alternating Cable Crossover 4. Incline Alternating Dumbbell Press 5. Seated Single-Arm Cable Row 6. Single-Arm Dumbbell Row 7. Single-Arm Cable Fly 8. Seated Single-Arm Arnold Press 9. Alternating Cable Curls 10. Incline Alternating Dumbbell Curls 11. Single-Arm Cable Kickbacks 12. Incline Alternating Dumbbell Skull Crusher 2 x 10 each leg, 2 x 10 each leg, 2 x 10 each arm, 2 x 10 each arm, 2 x 15-second hold/each side, 2 x 15-second hold/each arm. **Measurements:** 1 yard = 0.9144 meters Perform 10/10, 20/20 reps, etc. 40/40 yards indicates 40 yards (36.6 meters) in two directions, down and back. II PHASE II: 3 WEEKS / 60-SECOND REST Before starting, refer to the exercise video demonstrations in the MAPS SYMMETRY EXERCISES section of the MAPS Performance Membership site (found in your Library after logging in at www.mindpumpmedia.com) **MAPS PERFORMANCE MOBILITY SESSION #3 FULL WORKOUT EXERCISE REPS** Foam Roll: Quads/Hip Flexors, Foam Roll: Hamstrings, Foam Roll: Piriformis (Stick Mobility), X Swing (Stick Mobility), Retractor (Stick Mobility), The Twister (Stick Mobility), Stick Pigeon, Stick Shoulder Dislocates Push Up to Shoulder Rotation, Pull Ups (assisted if needed), Tricep Dips, Bear Crawl **CORE & CALF FULL WORKOUT EXERCISE REPS (EACH SIDE)** Tension Dead Bug (Cross body), Single-Leg Standing Calf Raise, Single-Leg Seated Calf Raise 2 x 10, 2 x 10, 2 x 10, 1 yard = 0.9144 meters **PHASE II PHASE II: 3 WEEKS / 60-SECOND REST** Before starting, refer to the exercise video demonstrations in the MAPS SYMMETRY EXERCISES section of the MAPS Performance Membership site (found in your Library after logging in at www.mindpumpmedia.com) **PHASE II WORKOUT #2 FULL WORKOUT EXERCISE REPS** Cable Reverse Lunge to Balance, Single-Leg Step-Up, Single-Arm Low Cable Crossover, Alternating Dumbbell Chest Press Floor Seated Cable Pulldown, Chest Supported Incline Dumbbell Row, Single-Arm Cable Upright Row, Seated Alternating Lateral Raise, Alternating Cable Curls, Single-Arm Preacher Curl, Single-Arm Cable Tricep Extension **PHASE II PHASE II: 3 WEEKS / 60-SECOND REST** Before starting, refer to the exercise video demonstrations in the MAPS SYMMETRY EXERCISES section of the MAPS Performance Membership site (found in your Library after logging in at www.mindpumpmedia.com) **MAPS PERFORMANCE MOBILITY SESSION #4 FULL WORKOUT EXERCISE REPS** Spider Crawl, Punter Kicks, Walking In Step Lunge With Rotation, Vertical Pull-A-Parts Extend Shoulder Rotation, Hard Release Push Ups, Side Chop Downward Chop Walking Lunges, Renegade Rows, Push Up to Shoulder **PHASE II AND PHASE III WORKOUTS** The following workouts are part of Phase II and Phase III, each lasting for 3 weeks with a 60-second rest in between sets. ####Phase II Workout #3 - **Single-Leg Get-Up**: 2 x 10 reps (each leg) - **Walking Lunge**: 2 x 10 reps (each leg) - **Decline Alternating Cable Chest Fly**: 2 x 10 reps - **Incline Dumbbell Fly**: 2 x 10 reps - **Bentover Cable Pullover**: 2 x 10 reps - **Cross Bench Dumbbell Pullover**: 2 x 10 reps - **Floor Cable Lateral Raise**: 2 x 10 reps - **Seated Alternating Dumbbell Shoulder Press**: 2 x 10 reps (each arm) - **Alternating Cable Hammer Curls**: 2 x 10 reps (each arm) - **Single-Arm Pushdown**: 2 x 10 reps (each arm) - **Single-Arm Incline Cross-Body Skull Crusher**: 2 x 10 reps (each arm) ####Phase III Workout #1 - **Barbell Walking Lunges**: 2 x 8 reps (each leg) - **Dumbbell Single-Leg Romanian Deadlift**: 2 x 8 reps (stability at top, each leg) - **Dumbbell Incline Chest Press**: 2 x 8 reps - **Dumbbell Flys**: 2 x 8 reps - **Single-Arm Dumbbell Row**: 2 x 8 reps - **Floor Seated Cable Pulldowns**: 2 x 8 reps - **Chest Down Incline Real Fly**: 2 x 8 reps - **Standing Arnold Press**: 2 x 8 reps - **Standing Alternating Supinating Dumbbell Curl**: 2 x 8 reps (each arm) - **Concentration Curl (on knee)**: 2 x 8 reps - **Seated Single-Arm Overhead Tricep Extension**: 2 x 8 reps - **Dumbbell Skull Crushers**: 2 x 8 reps ####MAPS Anabolic Trigger Session #1 - **Trigger Session** (3 sets in succession, light to moderate intensity) - Bodyweight Lunges: 3 sets x 10 reps - Band Chest Flyes: 3 sets x 20 reps - Band Rows: 3 sets x 20 reps - Band Lateral Raise: 3 sets x 20 reps - Band Curls: 3 sets x 20 reps - Band Tricep Pressdown: 3 sets x 20 reps ####Core & Calf Full Workout Exercises Reps - **Ab Roller**: 2 sets x 10 reps - **Standing Calf Raise**: 2 sets x 10 reps - **Seated Calf Raise**: 2 sets x 10 reps Phase III workout for maps symmetry includes dumbbell bulgarian split stance squat, cable sissy squat, and other exercises. Perform 2x8-2x10 reps on each arm. Include trigger session with bodyweight squats, band chest press, and other exercises. Do 1 yard = 0.9144 meters 10/10, 20/20 reps, etc. for both sides of the body. PHASE IV WORKOUT #1 FULL WORKOUT **5x5 5x5 5x5 FOCUS SESSION** CHOOSE ONE BODY PART PER FOCUS SESSION, DO 2-3 EXERCISES OF YOUR CHOOSING: 15 REPS. GLUTE EXERCISES HACK SQUAT HIP BRIDGES DONKEY KICKBACKS SUMO SQUAT TUBE WALKING ANY GLUTE MACHINE CHEST EXERCISES DUMBBELL FLY VARIATIONS FLAT INCLINE Decline CABLE FLY CABLE CROSSOVER PEC DECK MACHINE CHEST VARIATIONS BICEP EXERCISES ANY MACHINE BICEPS ZOTTMAN CURLS CONCENTRATION CURLS ARNOLD STYLE REVERSE CURLS QUAD EXERCISES LEG EXTENSIONS HACK SQUAT LEG PRESS LUNGE VARIATIONS SISSY SQUAT BULGARIAN SQUAT SINGLE-LEGG TOE TOUCH BACK EXERCISES CABLE ROWS SEATED ROWS STRAIGHT ARM PULLDOWNS PULLOVERS ALL VARIATIONS ALL MACHINE ROWS HAMMER STRENGTH ROW BEHIND THE NECK PULL DOWNS TRICEP EXERCISES ALL CABLE TRICEPS VARIATIONS ALL TRICEP MACHINES DUMBBELL KICKBACKS HAMSTRING EXERCISES LYING LEG CURLS SEATED LEG CURLS GOOD MORNING ROMANIAN DEADLIFT TRAP EXERCISES BARBELL SHRUGS DUMBBELL SHRUGS ANY SHRUG MACHINE FARMER CARRIES CALF EXERCISES JUMP ROPE STANDING CALF MACHINE SEATED CALF MACHINE PHASE IV: 3 WEEKS / 60-SECOND REST All Exercise Types: * Triceps: Cable Variations, Tricep Machines, Dumbbell Kickbacks * Hamstrings: Lying Leg Curls, Seated Leg Curls, Good Mornings, Romanian Deadlifts * Traps: Barbell Shrugs, Dumbbell Shrugs, Shrug Machines, Farmer Carries * Calves: Jump Rope, Standing Calf Machine, Seated Calf Machine Choose Your Weak Body Part: * Abs/Cores: All Ab Machines, Ab/Core Exercises * Shoulders: All Machine Shoulder Press, Overhead Press, Cable Lateral Varieties, Cable Upright Rows Note: * Reps: 10/10 (performed on both sides of the body), 40/40 yards (in two directions) * Phase IV: 3 weeks, 60-second rest * Before starting, reference exercise video demos in MAPS Performance Membership site Phase IV Workout #3: * Front Squat * Chin-Ups * Close Grip Bench Press * 5 sets of 5 reps for each exercise Workout Calendar: * Phase I: Weeks 1-3 * Phase II: Weeks 4-6 * Phase III: Week 7 (foundational workouts adjusted) * Trigger Sessions remain the same throughout all phases Phase progression: - Weeks 8 & 9: Phase III - Week 10: Phase III (continued) - Week 11: Phase IV Workout calendar: Days 26-30 & 31-35, 36-40, & 41-45: Repeat Phase III workouts. Days 46-50 & 51-55: Complete Phase IV workouts, featuring Aesthetic Focus Sessions. Each phase should be completed in 3 weeks before moving on to the next one. The Foundational Workouts will be adjusted throughout the phases, while Trigger Sessions remain consistent across all phases.